

Change your name or Change your conduct



By Army Command Sgt. Maj. John T. Jensen

JTF-GTMO HHC CSM

One of the greatest generals to ever live was born 356 B.C. in the town of Pella, Macedonia. Although he lived to be only 33 years old, he made a significant impact on the civilized world during his short lifespan. In his lifetime he traveled 22,000 miles, became the king of Macedonia, instituted a common currency, conquered the Persian Empire and is remembered as the greatest military commander of all time. His name was Alexander the Great.

Everything about Alexander the Great was larger than life; generals dreamt that they could imitate him. Alexander never lost a battle and as his victories accumulated, his men and his enemies came to believe that he was invincible. Alexander was known for his personal bravery. He always led his warriors from out front, mounted on his black stallion named "Bucephalus", an act unheard of in pre-modern times when generals commanded from the rear. Alexander was always in the thick of battle and was consequently wounded in the neck, head, lung, leg, and back.

Alexander knew and loved his men and citing their exploits, calling them by name when he would speak to them before a battle. Alexander was the epitome of the "soldier's soldier", he would eat the same food and same portion as his men; he would sleep on the ground with his men and he would use only one blanket like his men. He would force-march with his men

and carry his own gear, Alexander would never accept special favors, thus he was able to accurately assess his armies' discipline and morale.

One night during a campaign, he couldn't sleep so he left his tent to walk around the campgrounds. As he was walking, he came across a soldier asleep on guard duty: a serious offense. The penalty for falling asleep on guard duty was instant death. The commanding officer would pour kerosene on the sleeping soldier and light it.

The sleeping soldier began to wake up as Alexander approached him. Recognizing who was approaching him, the young man feared for his life. Alexander demanded of the soldier "Do you know what the penalty is for falling asleep on guard duty?" "Yes, sir" the soldier responded. "So if you know that the penalty is death, then why did you fall asleep?" asked Alexander. The young soldier said, "Sir I'm very tired and didn't get any sleep last night, you see I'm only 21 years old. Yesterday we forcedmarched 40 kilometers with full armor, then we had to pitch camp; after that we drank wine until early morning, then we got up before sunrise to do sword drills and after that I was put on field fortifications detailed the whole day. The sentry who was suppose to be on guard duty tonight got sick so I had to replace him!".

Alexander's heart was softened because he knew from personal experience the fatigue that occurs during a campaign. "Soldier, what's your name?" asked Alexander. The young soldier said "Alexander, sir." Alexander's face turned hard as stone and he repeated the question more forcibly "What is your name!" "My name is Alexander, sir," the soldier repeated. A third time Alexander asked, "What is your name!" The soldier meekly said, "My name is Alexander, sir." Alexander then looked the young soldier straight in the eye and said "You either change your name or you change your conduct."

If we want to make a significant impact in the short time that we're here, if we want to write history ... if we want to be remembered as defenders of freedom, then it's very simple. We must conduct ourselves as Troopers who are honor bound to defend freedom.

JTF-GTM0

Commander:

Navy Rear Adm. Mark H. Buzby

Joint Task Force CMC:

Navy Command Master Chief Brad LeVault

Director of Public Affairs:

Navy Cmdr. Rick Haupt: 9928

Deputy PAO: Army Lt. Col. Edward Bush: 9927 **PAO Supervisor:** Army 1st Sgt. Patrick Sellen: 3649

Command Information

OIC: Army 1st Lt. Kevin Cowan: 3596
NCOIC: Army Staff Sgt. Paul Meeker: 3651

Media Relations
OIC: Army 1st Lt. Lance Cagnolatti: 8158

NCOIC: Army Sgt. Michael Owens, Jr.: 2619

Public Information

OIC: Army 1st Lt. Cara Thompson: 8155

NCOIC: Army Sgt. 1st Class Carlos Sanchez: 8156

The Wire

Editor:

Army Staff Sgt. Paul Meeker: 3651

Assistant Editor:

Navy Petty Officer 2nd Class Jeff Johnstone: 3594

Layout and Design:

Navy Petty Officer 2nd Class Gary Keen: 3594

Army Sgt. Scott Griffin: 3594 Army Sgt. Jody Metzger: 3592

Web Design:

Navy Petty Officer 1st Class Richard Wolff: 8154 Navy Petty Officer 2nd Class Patrick Thompson: 97858

Staff Writers:

Army Sgt. Jody Metzger: 3592 Army Spc. Shanita Simmons: 3589 Army Spc. Daniel Welch: 3589

Contact us:

Base Information: 2000
Public Affairs Office: 3651 or 3596
From the continental United States:
Commercial: 011-53-99-3651
DSN: 660-3651

Cover Photo By:

Army Sgt. Jody Metzger

Online:

www.jtfgtmo.southcom.mil



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U.S. Senators tour Guantanamo



Senators Sheldon Whitehouse (D-RI) and Jay Rockefeller (D-WV) tour Joint Task Force-Guantanamo detention facilities on Monday, July 16. The senators received an intelligence-focused briefing prior to touring the Joint Task Force detention facilities. (Photo by Army Sgt. Joseph Scozzari)

By Army Spc. Shanita Simmons

JTF-GTMO Public Affairs Office

Two U.S. Senators visited Guantanamo on Monday, July 17, where they learned about current detainee operations from Rear Adm. Mark H. Buzby and other members of the Joint Task Force-Guantanamo leadership.

Senators Jay Rockefeller (D-WV) and Sheldon Whitehouse (D-RI) received an intelligence-focused briefing before being led on a tour of the detention facilities here. Both senators also met with constituents currently deployed to Guantanamo in support of the Global War on Terrorism.

"I am always pleased to be able to tell you the real story behind Joint Task Force - Guantanamo," Rear Adm. Buzby told the Senators. "Our mission is the safe, humane, legal and transparent detention and interrogation of our enemy combatant population. I am exceptionally proud of the great young Americans who execute this mission every day."

Whitehouse co-sponsored an amendment to the 2008 Defense Authorization Bill requiring President Bush to close the Department of Defense detention facility at Guantanamo Bay within a year. The amendment compels the Bush administration to determine whether detainee cases will be tried in a military proceeding or in the federal

courts, and in which alternative high-security facilities they will be detained.

The 2008 Defense Authorization Bill, which authorizes appropriations for fiscal year 2008 for the Army, Navy, Marine Corps and Air Force was passed by the House of Representatives on May 17, but has not yet reached the floor of the Senate for a vote.

The Bush administration released a statement on Tuesday, July 10, stating that it "appreciates the Senate Armed Services Committee's continued strong support of our national defense," but registered significant concerns, which it "looks forward to addressing with Congress as the bill moves through the legislative process."

Senator Jay Rockefeller served the people of West Virginia as governor beginning in 1976 where he served two terms. In 1984, he was elected to the United States Senate where he is the Chairman of the Senate Select Committee on Intelligence.

In 2004, Senator Rockefeller worked with colleagues to create the Intelligence Reform and Terrorism Prevention Act designed to streamline and improve the nation's intelligence capabilities. The legislation resulted in the appointment of a Director of National Intelligence to coordinate and manage all 15 agencies that make up the U.S. Intelligence Community, including the Central Intelligence Agency, the National Security Agency, and the Defense Intelligence Agency.

(sources www.senate.gov and www.whitehouse.gov)

Caring for hunger strikers is a medical mission

By Army Spc. Shanita Simmons

JTF-GTMO Public Affairs Office

Hunger strikes have been a part of Joint Task Force-Guantanamo's history since the first detainees arrived in early 2002. Public interest has ebbed and flowed with the numbers of participants, publicity efforts of external

organizations and subsequent media coverage. Despite all that, a dedicated team of doctors, nurses and corpsmen have tended to the striking population, everyday, safely and hu-

In his final days of an

manely.

18-month tour, Navy Capt.

Ronald L. Sollock, outgoing commanding officer of the Naval Station Guantanamo Hospital and head the JTF Joint Medical Group (JMG), addressed the care his team of medical professionals provide to the striking population.

Sollock said that JMG medical providers exercise the skills, training and commitment necessary to render effective care to each detainee. He emphasized their use of clinically appropriate medical interventions to ensure safe and humane care of detainees that elect to hunger strike.

"We respect preserving the life of everyone that we are charged to take care of as a medical staff," said Sollock.

To that end, the medical staff uses a DoD-approved Standard Operating Procedure that outlines medical indications directing when to intervene to preserve life and health. Those same indications are followed by the U.S. Department of Justice, Bureau of Prisons.

Sollock said that it is necessary to have procedures in writing that clearly define the profile of a hunger striker and provide indicators to help guide the treatment decision-making process. Having the SOP also provides a clinically appropriate rationale to those who question why one detainee is receiving involuntary feeding while another with similar symptoms is not.

A hunger striker is defined as a detainee who misses nine consecutive meals and demonstrates intent to hunger strike. A detainee is recommended for involuntary feeding only after his baseline body weight has decreased to 85 percent and a medical doctor conducts a thorough medical examination.

Some medical indicators that physicians consider in

evaluating hunger strikers for involuntary feeding include the potential for organ damage and neurological problems. Sollock reiterated the fact that detainees are very closely monitored and are only recommended for involuntary feeding when they exhibit these and other medical indicators.

Before administering involuntary feeding, each hunger striker is approached many times

and offered a regular meal.

All detainees are offered three culturally appropriate meals per day that are nutritionally complete and individually tailored for dietary restrictions that include the following considerations: diabetes, vegetarian diets and beef free, low fat, low sodium and other diets.

When a detainee is declared a hunger striker, they are counseled by both medical and behavioral health professionals on what they are doing and the medical complications that can result from their actions. The involuntary feeding process is thoroughly explained and the detainees are counseled through a language-specific translator to ensure they understand the effects a hunger strike could have on their health.

"Involuntary feeding is not used to break the hunger strike," said Sollock. "We are using sound medical indicators when necessary to preserve the life and

health of detainees. We do not let the detainees get to the point of losing consciousness or becoming comatose to intervene. We will intervene to preserve their health and life before that time."

According to the Manchester Document which lays out tactics and training objectives for al Qaeda recruits, hunger strikes may be used to attract media attention to their detention.

Sollock emphasized that regardless of motivation and increases or decreases in the number of detainees actively on hunger strike, JMG staff are dedicated to delivering clinically appropriate medical intervention that has at its core an absolute commitment to preventing unnecessary loss of life through the provision of safe and humane care.

Naval Air Station improves runway

By Army Spc. Shanita Simmons

JTF-GTMO Public Affairs Office

The runway closure scheduled for Sept. 14-22 may delay travel plans for Troopers leaving Guantanamo Bay, Cuba during the month of September. However, the improvements planned during this period will extend the runway's operability well into the future.

Leeward Airfield, Guantanamo Bay, Cuba will close its only runway to begin a \$12 million resurfacing project that is expected to be completed within a sevenday work period. Navy Lt. Cmdr. Paul A. Devereux, the naval station operations officer here, said he has discussed the closure with Joint Task Force leaders and emphasized that all plans to travel during this period should be rescheduled. All passenger and cargo traffic will cease, and only small aircraft with operational requirements that can't be rescheduled will arrive and depart from the airfield.

"Troopers who have leave scheduled or those who planned a family visit must reschedule it," said Devereux. flights transporting mail, fresh fruit and vegetables, and all passenger flights will be delayed."

He added that rotator and cargo flights are scheduled the day before and the day after the closure to help accommodate those adversely affected. The hospital will also have an ambulance helicopter on stand by to transport any emergency medical patients during the closure.

Navy Cmdr. Jeff M. Johnston, the public works officer here, said that plans to resurface the runway were first initiated in 2001. Those plans were sidelined due to the arrival of the Joint Task Force. The increased population meant an increase in air traffic, and the closing of the runway became less feasible.

As the runway continued to weather and deteriorate, Johnston said the naval station decided to move forward with their resurfacing plans. Thus in 2004, the naval station scheduled a projected start date for 2007.

Once the naval station received funding

for the project, Knik Construction Company, Inc. received the contract to resurface the runway. The runway closure project was initially scheduled for July 18-28. However, it was postponed until September after the contractor was unable to obtain the materials needed to complete the project.

"Knik was awarded the contract and within two weeks they began working with their suppliers. When they initially put the bid together, they went to their suppliers and were given assurances that they had the needed materials. The Navy specified what asphalt was needed and it was then the responsibility of the contractor to get the needed materials," said Johnston. "The problems came about when Knik tested the three minerals that were needed to mix the asphalt. Once the minerals were received from the suppliers, they were mixed together and tested in a lab. But, they failed to meet the standards necessary to be used in the construction of a runway."

Johnston mentioned that Knik was contracted to resurface, not repave or replace, the entire runway. Resurfacing a runway entails pouring a two-inch overlay over its surface to prevent gravel and other particles from loosening and becoming safety hazards to aircraft.

Johnston mentioned that the leeward

it currently receives on a day-to-day basis. However, resurfacing the runway is necessary to ensure that the runway remains viable for another 15 to 20 vears.

"We considered many alternatives to closing the runway such as paving one side of the runway while the other side is still in use. However, the risk and coordination would be too great," said Johnston.

Now that the mineral issue has been resolved, Johnston said he is confident that Knik has the manpower and equipment to complete the project within the closure period.

Although there may be some unforeseen problems that could delay construction, Johnston said the public works department plans to use all Guantanamo Bay media outlets to update the public as they progress towards completion.

"I have seen this community do a lot of things. I know this community can get through this time," said Johnston. "As the closure dates get closer, there will be a flood of information sent out. At the end, we will have a very nice new runway."



DAVID BECKHAM saves Major League Soccer?



(Photo courtesy of Associated Press)

By Army Spc. Daniel Welch

JTF-GTMO Public Affairs Office

July is a fairly quiet month in the American sports calendar. However this weekend marks what many in the American soccer community hope to be a re-birth of the game's popularity. International soccer star, David Beckham, arrived in the United States to begin his American professional career with Major League Soccer's (MLS) Los Angles Galaxy.

What does his arrival mean for soccer in the U.S.? Will one of the game's most marketable stars be able to bring MLS into primetime in the American sports landscape? Will soccer ever become a sport to rival football, baseball or basketball in the American sports marketplace?

In the past 20 years, the sport has exploded in popularity with our nation's youth. The American Youth Soccer Association estimates that 3.8 million American kids in the elementary grades are active in soccer programs.

But soccer in America has a dubious fan base, especially among adult sports fans. Ratings for MLS matches rival such heavy hitters as professional dominoes and greyhound racing. So, into a nation that celebrates touchdowns, homeruns and dunks, rather than head balls and penalty kicks, steps David Beckham, 32, the aging international star and projected savior of professional soccer in America

Many, such as MLS commissioner Don Garber, see him as the way to supercharge soccer for the American sporting public. "This is the story of a star at the top of his form coming to Major League Soccer. David will raise the credibility of our league," Garber said.

Houston Dynamo owner Oliver Luck told reporters, "I think the development of the MLS this year, with Beckham, is as important a time as when the league started off in 1996, and I don't think it's overstating it to say it's a potential [turning point]."

National Public Radio's Frank Deford explained to listeners that, "Beckham is more of a celebrity than a soccer player; he's also smart like a fox. He knows exactly who he is and what he's capable of. It's a brilliant move by the Galaxy."

Beckham's first match comes on July 21 in an exhibition or "friendly" (as soccer fans call it) against English giant Chelsea. The game has been sold out for months, and according to USA Today, celebrities such as Tom Cruise and Sylvester Stallone are slated to attend. ESPN will televise the game and has said that they will have 19 cameras in operation for the match, including one which will be focused solely on Beckham.

This season's opponents of the Galaxy have already seen, a rise in interest, according to New Yorks Red Bulls, who have averaged around 11,000 fans per game. Their match scheduled for Aug. 18 against Beckham and the Galaxy has already sold 30,000 tickets.

The Columbus Crew, whose stadium seats 27,000 people, are nearing a sellout for their match with Los Angeles. The Galaxy themselves have already grossed \$20 million in revenue from ticket sales and merchandise.

Even if Beckham plays at the at the top of his game, soccer (unlike basketball or football) often gets little from its stars on the field for long stretches of time.

"You watch Kobe [Bryant] play and you can pretty much guarantee he'll handle the ball a number of times. But with soccer, you might not see David do much with the ball all game," said Deford.

Beckham's unselfish style of play could be an obstacle too. He plays midfield and frequently sets up goal scoring opportunities for other players as opposed to scoring himself. He may prove to be a let down for many fans who are anticipating a more aggressive sort of player.

Recent *ESPN.com* and *CNN.com* polls are not very encouraging. They reveal that many Americans are not yet caught up in the soccer hysteria anticipated by the MLS. In fact, 72 percent of respondents at *ESPN.com* said they "did not care" about Beckham coming to the U.S., with 65 percent registering similar responses on *CNN.com*

So what will this mean to professional soccer in America? Only time will tell. Beckham may yet prove to be a major boon for the league, but may just as easily prove a bust in the midst a sports culture that barely bats an eye at his sport. One thing is certain: he and his wife, Victoria, a.k.a "Posh" of the Spice Girls, are international stars and so will captivate Los Angeles . . . at least for a season.

Diablos dea heavy loss to Heavy Hitters

Story and photos by Navy Petty Officer 2nd Class Jeff Johnstone

JTF-GTMO Public Affairs Office

On a sunny, breezy Sunday afternoon at Zaiser Field, baseball fans munched popcorn, devoured hot dogs and watched from the bleachers as Diablos' pitcher Nick Basel devoured his team's opponents, the Heavy Hitters. Basel pitched a near perfect game as the only thing heavy about the 'Hitters,' were their fans' eyelids as they watched

the blowout.

The Diablos jumped out to an early advantage in the first inning, as Nick Basel brought Jerry

The Heavy Hitters' Alan Fioretti pitched his share of strike outs in a losing effort against The Diablos Sunday at Zaiser Field.

Rushing across home plate for the game's first run, and a 1-0 advantage.

Following an unsuccessful at-bat by the 'Hitters' at the bottom of the first, the Diablos' early momentum was halted and they were forced back out to the field following three outs. The game was shaping up to be a defensive struggle in the early innings.

Business appeared to pick back up for the Diablos in the fourth inning as James Pinsky crossed homeplate. Unfortunately, the run was nullified due to a double play by the Hitters, taking back the run, and sending the Diablos back on the field. We were then back to a 1-0 nail-biter.

Later on, The Diablos produced a three-run scoring romp as Ryan Sparks, Frankie Lennon and Rushing all crossed home plate to expand their lead to 4-0.

For a solid six innings, The Heavy Hitters at-bats produced no results, as Basel made life hard for opposing batters with his

The Diablos' Waylon
Bader looks to connect
w ith a pitch during
Sunday's 10-1 victory over the
Heavy Hitters at Zaiser Field.

fastball, and the Diablos' defense picked off everything sent their way. This trend of futility continued until the seventh inning, when the 'Hitters' were finally able to scare up a run. To the fans, as the game wound down, it appeared the pitching got sloppy, as a lot of pitches from both teams were dangerously close to nailing the batters.

The Diablos improved their record to 2-1 on the season with the win.

All games are played with a single contest at 7 p.m. on Fridays and doubleheaders starting at 5 p.m. on Sundays at Zaiser Field.

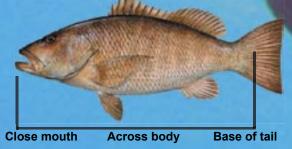
Jerry Rushing, Diablos' right fielder, gets set to head to first base after a base hit during Sunday's 10-1 win over the Heavy Hitters.



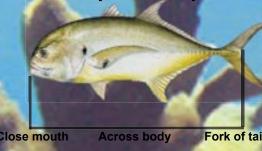
Game fishing in Guantanamo Bay is a wonderful privilege and a constructive hobby that carries an important responsibility to conserve the fragile ecological balance of the area. Gitmo's Natural Resources Management sets the regulations for fishing, spear fishing and conch shell collecting. It's the individual's responsibility to check NAVSTAGTMOINST 11015.1 for regulation guidance, or call Port Security at x4105.

Measuring Fish

Rounded or Flat Tailed Species



V-Shaped Tail Species



Queen Conch



During open season, July 1 - May 31, only one live Queen Conch may be taken per person, per day. The lip of the shell (measured at the thinnest part) cannot be less than 1/8 inch in thickness.

However, this rule doesn't apply if the total length of the shell is over nine inches.

Nassau Grouper



CATCH AND REALEASE ONLY

Goliath (Jewfish)



CATCH AND REALEASE ONLY

Red Snapper



Size Limit

Daily Limit

Spearfishing

Season

12" and over 10 All Species open

Cubera Snapper



Daily Limit Spearfishing Season

12" and over 10 All Species YES open

Mutton Snapper



15" and over **Daily Limit** 10 All Species Spearfishing closed for May

Lane Snapper



Daily Limit Spearfishing

10 All Species closed for May

Crevalle Jack

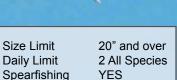
Size Limit 12" and over **Daily Limit** 5 All Species Spearfishing YES Season

Greater Amberjack



28" and over Size Limit **Daily Limit** 3 YES Spearfishing

King Mackerel



open

Black Tip Shark



Size Limit Daily Limit Spearfishing

None None YES open

Prohibited Sharks

Nurse, Bignose, Caribbean Reef, Bigeye Sand Tiger, Sand Tiger, Whale, Basking, White, Thresher, Bigeye Thresher, and Longfin Mako.

Detainee Transfer Announced

From the U.S. Department of Defense

The Department of Defense announced Monday, July 16, the transfer of sixteen detainees from Guantanamo Bay, Cuba, to Saudi Arabia. These detainees were determined to be eligible for transfer following a comprehensive series of review processes conducted at Guantanamo Bay.

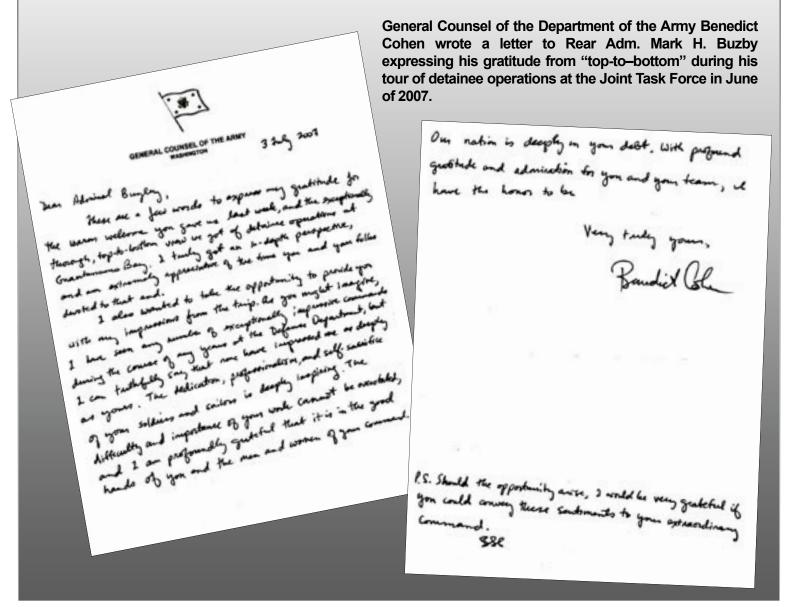
Approximately 80 detainees remain at Guantanamo who the U.S. government has determined eligible for transfer or release. Departure of these remaining detainees approved for transfer or release is subject to ongoing discussions between the United States and other nations.

Since 2002, approximately 415 detainees have departed Guanta-

namo for other countries including Albania, Afghanistan, Australia, Bangladesh, Bahrain, Belgium, Denmark, Egypt, France, Germany, Iran, Iraq, Jordan, Kuwait, Libya, Maldives, Morocco, Pakistan, Russia, Saudi Arabia, Spain, Sweden, Sudan, Tajikistan, Turkey, Uganda, United Kingdom and Yemen.

Approximately 360 detainees remain at Guantanamo.

Cohen thanks JTF for successful visit



Security Pitfalls

By Tony Camera

JTF-Security Manager

Security incidents occur because of haste, lack of attention to detail, fatigue, lack of knowledge regarding security requirements or willful disregard of security requirements. Some common security pitfalls are as follows:

•Unauthorized Disclosure or Compromise is one of the most common security pitfalls. Make sure that any individual with whom you share classified information is properly cleared and has the need-to-know

•Improper Transportation or Handling of Classified Information. Classified information will not be removed from designated working areas to personal quarters for work at home. Protect it. Don't neglect it.

•Laptops and Computers. Processing classified information on an unclassified laptop is a common mistake in military commands. Ensure the classification of the system that you are using is at least equal to the level of information being processed.

•Improper Marking of Classified Information. Individuals may often incorrectly classify information or place improper caveats on information.

•Telephones and Secure Terminals. Telephones and secure terminals are potential nightmares if used improperly for the transmission of classified information. Individuals may try to "talk around" the subject on an unclassified line if they cannot get their secure terminal to go to

the secure mode. Make sure that you know the level of classification that the secure terminal is keyed for.

• Fax Machines. A common mistake is for an individual to fax classified information over an unclassified fax machine. Individuals may take the easy way out thinking that no one will notice this practice. Maybe persons do not know the procedures for using a classified fax. Make sure individuals are properly trained in the use of both unclassified and classified fax machines. Post signs over the fax machines. Place a security banner on top of the unclassified fax with a reminder not to accidentally place classified documents into an unclassified fax.

·Leaving Classified Documents Unattended. Another common error is to walk out of your workplace and leave classified documents unattended. Individuals may leave classified information on top of their desks when uncleared contractors or workers come into the work area. Always lock up your classified documents before walking out of the office if there are no other cleared personnel left in the office to safeguard the information. Make sure that you ask someone else to guard your classified material. Don't assume anything.

•Talking Around the Subject. Individuals are notorious for trying to talk around the subject when it comes to working with classified information. This can occur in the parking lot, the store, the local bar or when using the telephone. People may try to talk around classified information at home when conversing with their spouses or significant others. Never try to talk around the subject when working with classi-

fied information. You will lose every time.

•Forget The End-Of-Day Checklist? Office staffs often forget to complete the end-of-duty-day security checklist. People get in a hurry to go home. The same individual in an office may always complete the end-of-day checklist. If that individual is off or away from the office, the checklist may be forgotten. Use the buddy system. Keep tabs on each other to make sure that the end-of-day security checklist is completed. Completing the checklist has prevented numerous incidents and violations.

•Secure Containers. A critical part of your checks is to make sure that all security containers are locked. Put all classified material away in the containers. Spin the dials. Check all the container drawer handles. Have someone double-check the safe in the same manner. Ensure that each individual signs off on the container security form.

•Uncleared and Unescorted Visitors. Allowing individuals without security clearances to have free access to secure work areas is a major problem. This problem has occurred in many different locations. Uncleared and unescorted individuals have walked into classified work areas without anyone stopping and checking their credentials or security badges.

The message is clear: follow established security protocols, pay attention to what's going on in your office, secure your work and demand the same from your colleagues. There's more than just your career at risk in an unsecure work environment!

Reunion Issue #4

From the JTF-GTMO Command Chaplain's Office

Deployments are filled with good and bad experiences. The bad ones we would rather not remember or discuss. The truth is we need to talk about the bad experiences too.

Often, we can't talk about them because of security concerns and because it is so hard to explain situations to people who are not in the military. Chaplains, the Joint Stress Mitigation and Response Team, veterans' centers and MilitaryOneSource can all provide a listening ear and can refer you to support agencies to "talk about feelings."

It is our fear of embarrassment, rejection, ridicule and legal action that cause us to do the opposite of what is necessary and just to move on with our lives. Our family, friends and loved ones don't understand why we don't want to talk about the negatives. They feel that we are shutting them out or don't love them anymore.

The truth is that we want to protect them. Seek professional and sympathetic support if you are having a difficult time adjusting to your stateside life.

SURVIVING SEPARATION

From the JTF-GTMO Command Chaplain's Office

My last action items were:

Action Item #1 - Communicate, Communicate, Communicate

Action Item #2 – Don't Forget Special Occasions Action Item #3 – If you have children, visit the following websites for dealing with separation and reunion:www. guardyouth.org and www.Militaryonesource.com

This week's action is: Action Item #4 – Accept and Share Your Feelings. Talk about the good and the bad about your time away from your loved ones. Really listen to each other carefully.

WEEKLY WEATHER FORECAST

Saturday, July 21

Highs in the low - 90's, and lows in the high-70's.



Partly Cloudy Sunrise: 6:32 a.m.

Sunset: 7:42 p.m. Chance of Rain: 30%

Sunday, July 22

Highs in the low - 90's, and lows in the high-70's.



Partly Cloudy

Sunrise: 6:32 a.m. Sunset: 7:42 p.m.

Chance of Rain: 20%

Weather forecast provided by www.weather.com Monday, July 23

Highs in the high - 80's, and lows in the high-70's.



Isolated T-storms

Sunrise: 6:32 a.m. Sunset: 7:42 p.m. Chance of Rain: 20%

Tuesday, July 24

Highs in the high - 80's, and lows in the high-70's.



Sunrise: 6:33 a.m. Sunset: 7:41 p.m. Chance of Rain:

Isolated T-storms

Wednesday, July 25

Highs in the low - 90's, and lows in the high-70's.



Sunrise: 6:33 a.m. Sunset: 7:41 p.m. Chance of Rain:

Scattered T-storms

Thursday, July 26

Highs in the low - 90's, and lows in the high-70's.



Sunrise: 6:34 a.m. Sunset: 7:40 p.m. Chance of Rain: 60%

Scattered T-storms

Friday, July 27

Highs in the high - 80's, and lows in the high-70's.



Sunrise: 6:34 a.m. Sunset: 7:40 p.m. Chance of Rain: 30%

Isolated T-storms



MOVIE REVIEW CORNER

Live Free Or Die Hard

By Army Pfc. Daniel Welch

Rated: PG-13

Duration: 130 minutes

Since the 1988 inception of the "Die Hard" series, the John McClane character projected an everyman type of hero. Unlike other contemporary action stars, McClane began as an overweight "beat" cop who found himself in the wrong place at the wrong time, fighting some pretty nasty characters.

Nearly 20 years since the first movie, the fourth and final chapter, "Live Free or Die Hard," has been released. Bruce Willis reprises his role as NYPD Detective, McClane, who is now divorced and estranged from his children.

He must to deliver computer hacker, Matt Farrell (Justin Long), to the FBI in Washington D.C. The unlucky McClane again finds himself on the wrong end of machine

gun-toting cyber terrorists. They're out to kill Farrell for his involvement in writing a computer program they intend to use to bring the United States Government to its knees.

Some may take issue with the holes in the plot or how seemingly easy the villains hack into government computer networks, but who cares? The movie is not intended to spawn debate on the security of the U.S. government's computer networks or the pervasiveness of hacker technology; like its predecessors, it's about big explosions and heart-stopping action scenes.

Willis and Long play off each other very well, as McClane quips and jokes throughout the film and Long complains of perpetual hunger. There's even a "yippie kye yey *%&#" thrown in at just the right moment.

One of the film's main criticisms is that in order to pull off the mind-blowing action sequences in "Live Free," McClane's character has had to move further away from the everyman hero into something he was very much not in the series first installments: an *übercop*, capable of fending off an F-35 fighter jet while commandeering an 18-wheel tractor-trailer. This is understandable given the filmmakers' obligation to one-up the thrills of the previous installments, but a bit of a let down to loyal fans.

Even with some rather large plot holes and ridiculous quandaries that McClane is thrown into, "Live Free" makes for a fantastic summer action flick and certainly a fine conclusion to a very successful franchise.

Boots on the Ground By Army Spc. Jamison Self

"If you could spend one year in another branch of service, which one would it be and why?"



"The Army, because it's just get up and go."

-Navy Petty Officer 2nd Class Michael LeGrande



"The Air Force, because it's laid back and they get to wear baseball caps and earrings."

-Army Specialist Kellie Jenkins



"I'd remain in the Navy, because I would never "cheat" on the Navy."

-Navy Seaman Alwonza Brooks



"The U.S. Marine Corps. Being behind a desk gets boring and I would rather be out where the action is."

-Navy Petty Officer 3rd Class Benny Salazar

"Deployment: Encouragement From The Past"

By Navy Chaplain (Lt. Cmdr.) Daniel McKay

JTF-GTMO Command Chaplain

Let's face it — long periods of separation from family and friends are tough on us and our loved ones. With no quick end to the Global War on Terror in sight, additional deployments for many of us (more than likely) are on the horizon. I know this is true, because my wife and I are currently experiencing our second year-long separation in the last three years and I know many others in our military family are experiencing similar circumstances.

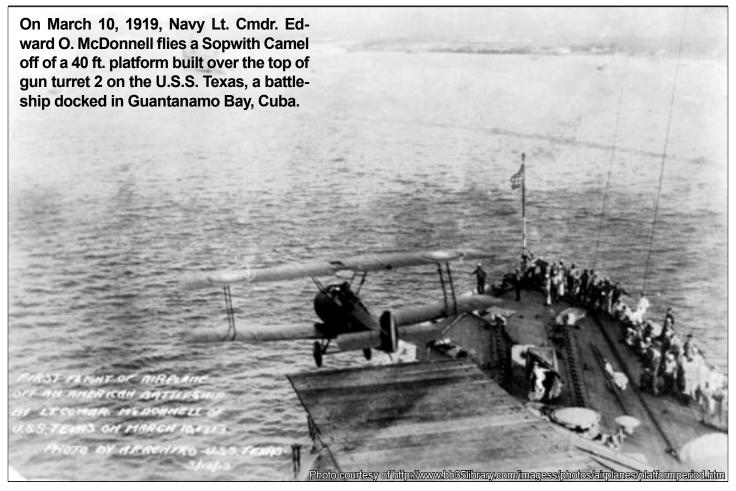
As a result, some of the questions asked of my wife and me are as follows: "How do you keep your marriage intact through such lengthy times apart? How do you keep your relationship strong when you're not able to be together for months?" Our answer to questions like these is always the same: We remember John and Abigail Adams' example and do our very best to follow it.

You see, on account of John's various political duties and responsibilities (he was our second president), he and Abigail spent nearly ten years apart during the course of their 50-plus years of marriage. By all accounts, their romantic love and great respect for one another deepened, flourished and grew in spite of lengthy times apart. (At one time they were apart for nearly five years, due to John's work in Europe on behalf of our young nation.) What

was their secret? How did they maintain their strong, vibrant and thriving marriage across the years, despite their many challenges and hardships?

Through reading of their letters (and other accounts of their lives and work) we discover that John and Abigail did a number of things to protect their marriage and fidelity over the years. First, they shared a common faith: Their passionate love for God enabled them, in turn, to experience a more intimate and genuine love for one another. Second, they shared a common goal: They believed in an independent, strong, democratic and free America, and they were willing to endure great sacrifices to make such a reality – for themselves, their children, and their posterity. Third, they knew the meaning of commitment: When they gave their word they kept it. Finally, they maintained open lines of communication – regardless of the distances or obstacles involved.

Thus, whether single or married, these are the four key ingredients to a successful deployment. Whether it's a short or long time away from family and friends, if we maintain a resolute faith in God, keep lines of communication open, cherish and nurture our relationships, and stay true to the mission, we will experience a highly successful and meaningful deployment. Let us, then – "not become weary in doing good, for in the proper time we will reap a harvest if we do not give up." (Galatians 6:9)





Story and photo by Navy Petty Officer 2nd Class Jeff Johnstone

JTF-GTMO Public Affairs Office

Working long hours in the hot, humid Caribbean climate is tough enough. Throw policing the daily activities of some of the world's most dangerous men into the mix, and you have a recipe for what Joint Task Force-Guantanamo Troopers are up against on a daily basis.

While this mission offers unlimited challenges, Troopers like Yeoman 2nd Class Miracle Sharp are proud of their contributions to the Global War on Terror.

"I volunteered to come here," said Sharp. "IA's are becoming a part of the Navy's future. I wanted to do this and I thought it would be an experience that I wanted to be a part of."

Sharp not only performs her administrative duties as a yeoman, serving over 100 fellow Troopers assigned at the medium security Camp Delta deten-

tion facility; she also serves right beside them as a guard. She distributes meals and laundry to detainees, and also helps to ensure that they are provided recreation. Recreation activities include the use of exercise equipment. She is also involved in the coordinated movement of detainees to and from educational classes that the military provides to any detainee who chooses to participate in them.

Guards at Camp Delta work an average of 12 hours a day under the hot sun. Temperatures reach black flag levels at least once per day. Through all this, safety is always in focus: safety for both the guards and the detainees.

"We are responsible for the safe and humane treatment of all detainees at Camp Delta," said Sharp. "Detainees must never leave the guards' line of sight. The safety of both the guards and detainees is the focus of our mission."

While the environment of Joint Task Force Guantanamo may be unique for Sailors accustomed to traditional Navy ship or shore commands, there are some similarities. One of the most important is that of being a good shipmate.

"You have to be able to trust the person next to you," said Sharp. "There can't be dissension within the ranks and everyone has to be on the same page. This is a highly sensitive mission for the Global War on Terror and you can never become complacent or drop your guard."

Joint Task Force-Guantanamo plays an integral role in the war on terror. Sailors, Marines, Airmen, Soldiers and Coast Guardsmen, through their hard work and determination, can be proud of how they defend America's freedom daily in a high-risk environment.

"It's a dangerous job and we're working with men who hate our country, our service members, and everything that we stand for," said Sharp. "This is a unique experience and an important part of history that we're living down here."



AROUND THE Rear Adm. Mark H. Buzby congratulates

Rear Adm. Mark H.
Buzby congratulates
Lt Cmdr. Kevin Riehle
upon receiving the Joint
Services Achievement
Medal, Friday July 14.
(Photo by Army Spc. Daniel
Welch)

Troopers from J-4 stand fast for a group photo in front of Guantanamo Bay's historic cannon, Monday, July 16. (Photo by Army Sgt. Jody Metzger)





Firefighters George Rookwood, Neville Stewart and Viscon Francis cut a cake in honor of their retirement after 40 years of service to the Guantanamo Bay Fire Department during the annual Firemen's Ball held Saturday, July 15 at the Windjammer Ballroom. (Photo by Army Spc. Daniel Welch)